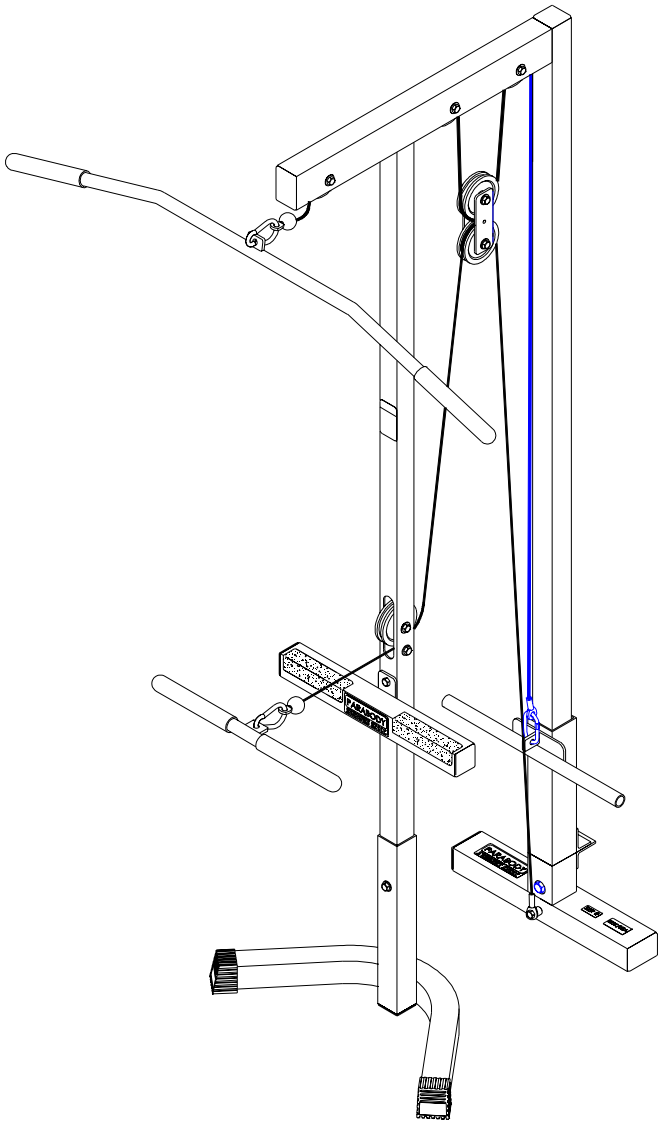
PARABODY

Serious Steel

848101 LAT OPTION



ASSEMBLY INSTRUCTIONS

IMPORTANT NOTES

WELCOME TO THE WORLD OF Serious Steel!

Please note:

* Thank you for purchasing the Parabody 848101 LAT OPTION. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.

We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Parabody customer service representative at (800) 328-9714.

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

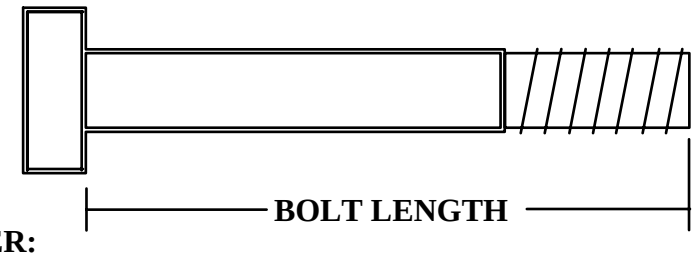
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.
5. Consult a physician before beginning any exercise program.

Tools Required for Assembly

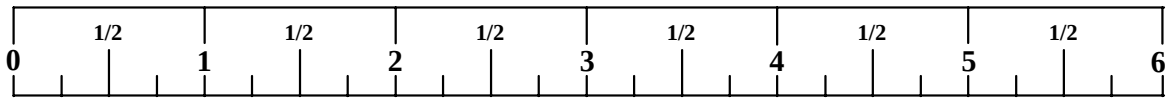
* 3/4” wrench
* 9/16” wrench
* Ratchet with 3/4” and 9/16” sockets
* Adjustable wrench
* Tape measure

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



PARTS LIST

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	6824303	BASE	1	17	3116001	1-1/4" RUBBER BUMPER	1
2	6823703	UPRIGHT	1	18	6140701	1 X 1" GLIDE	8
3	6825403	STAND	1	19	3102501	3/8" WASHER	12
4	6824103	CROSS BRACE	1	20	3102802	3/8" LOCK NUT	11
5	6825502	CARRIAGE	1	21	3102502	1/2" WASHER	2
6	6275302	LAT BAR	1	22	3102801	1/2" LOCK NUT	1
7	6274402	LOW ROW BAR	1	23	3102933	3/8 X 2" BOLT	2
8	6542402	3/16 X 1-3/4 X 5-1/4" PLATE	2	24	3102903	3/8 X 2-1/2" BOLT	2
9	6824801	CABLE	2	25	3102922	3/8 X 2-3/4" BOLT	6
10	3103102	1 X 8" GRIP	4	26	3102935	3/8 X 4-1/2" BOLT	1
11	3116201	3-1/2" PULLEY	6	27	3102910	1/2 X 3" BOLT	1
12	6177001	2-1/2 X 5-1/2" NON-SKID STRIP	2	28	3103801	5/16" SNAP LINK	2
13	6405201	2" SQ. END CAP	4	29	3108102	1/4" QUICK DISCONNECT LINK	1
14	6467001	2" SQ COVER CAP	2	30	6122703	3/8 X 3/8" SPACER	2
15	6692601	3 X 2" END CAP	3	31	6480301	3/8" FLANGE SPACER	6
16	6825101	17-1/2" FOAM STRIP	1	32	6127701	3/8 X 1" SPACER	1

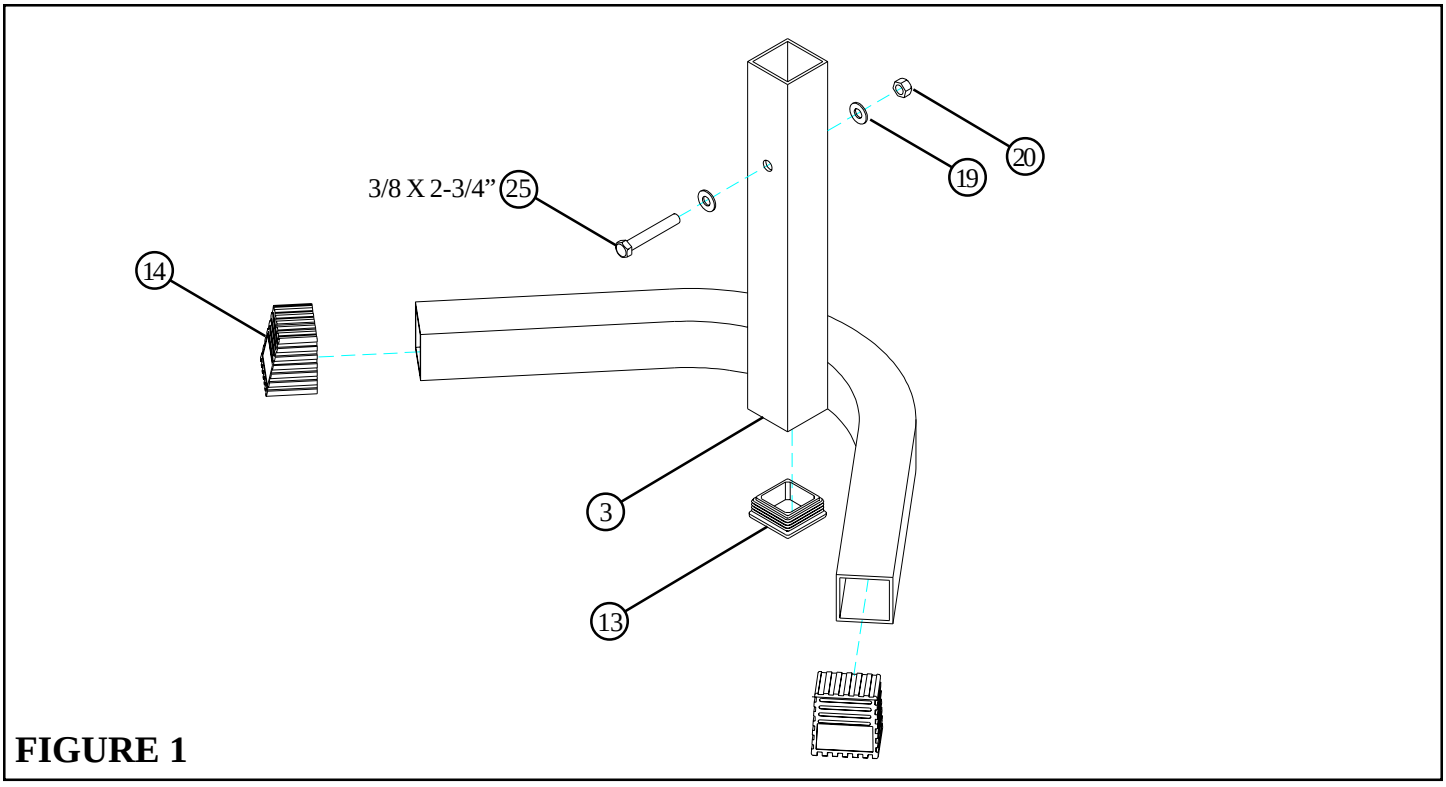


FIGURE 1

STEP 1:

- Assemble two 2" SQ. COVER CAPS (14) onto the ends of the STAND (3) as shown in FIGURE 1.
- **SECURELY** assemble the one 3/8 X 2-3/4" BOLT (25), two 3/8" WASHERS (19), and one 3/8" LOCK NUT (20) to the STAND (3) as shown in FIGURE 1.
- Assemble one 2" SQ. END CAP (13) into the end of the STAND (3) as shown in FIGURE 1.

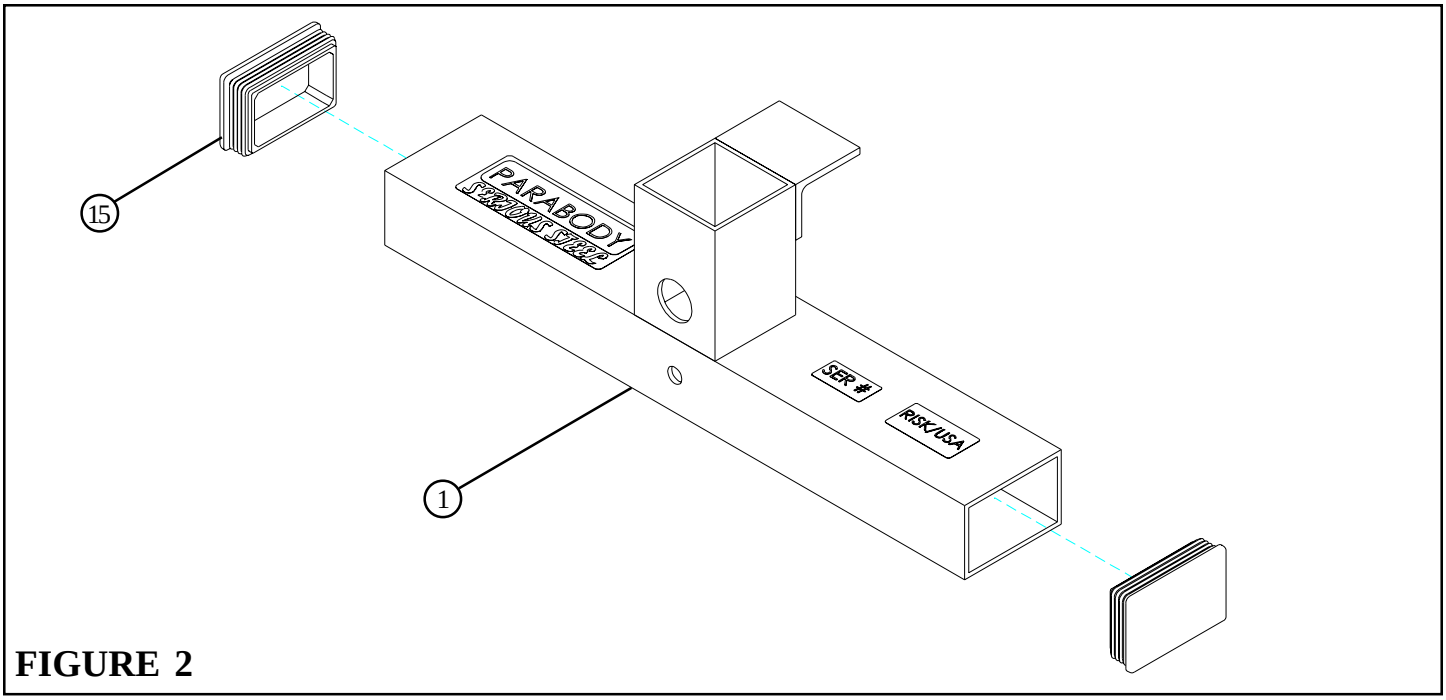
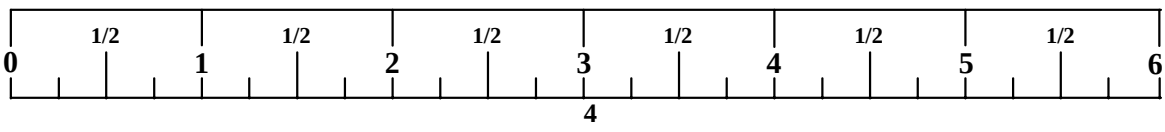


FIGURE 2

STEP 2:

- Insert two 3 X 2" END CAP (15) into the ends of the BASE (1) as shown in FIGURE 2.



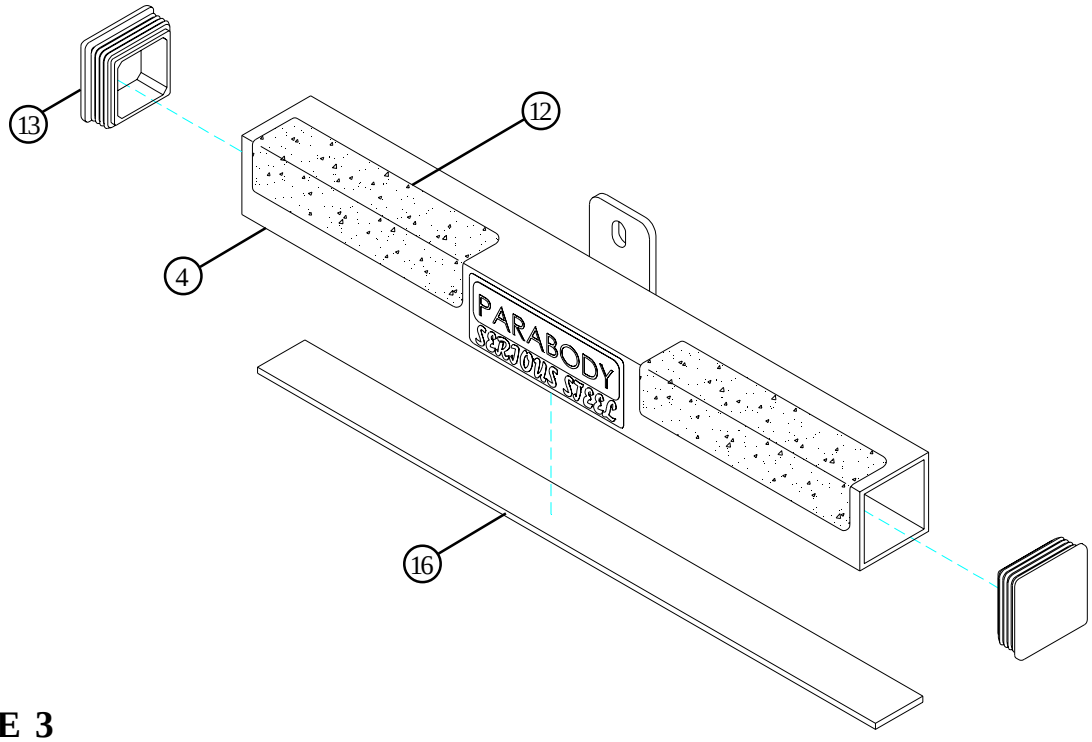


FIGURE 3

STEP 3:

- Insert two 2” SQ. END CAPS (13) into the ends of the CROSS BRACE (4) as shown in FIGURE 3.
- Assemble two 2-1/2 X 5-1/2” NON-SKID STRIPS (12) to the CROSS BRACE (4) as shown in FIGURE 3.
- Assemble one 17-1/2” FOAM STRIP (16) to the underside of the CROSS BRACE (4) as shown in FIGURE 3.

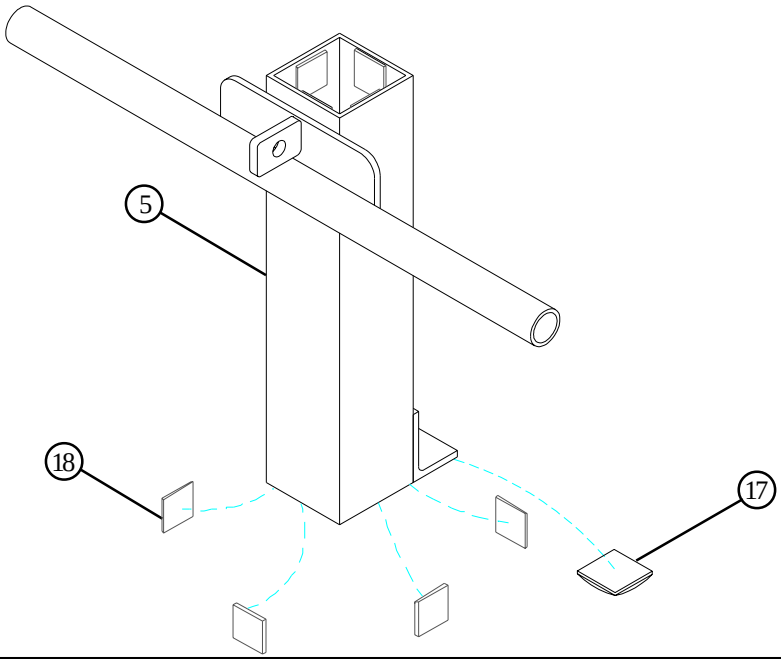


FIGURE 4

STEP 4:

- Attach eight 1 X 1” GLIDES (18) to the ends the CARRIAGE (5) as shown in FIGURE 4 using the following steps:
  - Thoroughly clean all surfaces where the 1 X 1” GLIDES (18) are to be attached.
  - Remove the 1 X 1” GLIDES (18) from the paper backing and firmly apply them to all shown surfaces.
- **SECURELY** attach one 1-1/4” SQ. RUBBER BUMPER (17) to the CARRIAGE (5) as shown in FIGURE 4.

STEP 5:

- Assemble the STAND (3) to the UPRIGHT (2) as shown in FIGURE 5.
- Slide the CARRIAGE (5) over the UPRIGHT (2) as shown in FIGURE 5.
- Assemble the BASE (1) to the UPRIGHT (2) as shown in FIGURE 5.

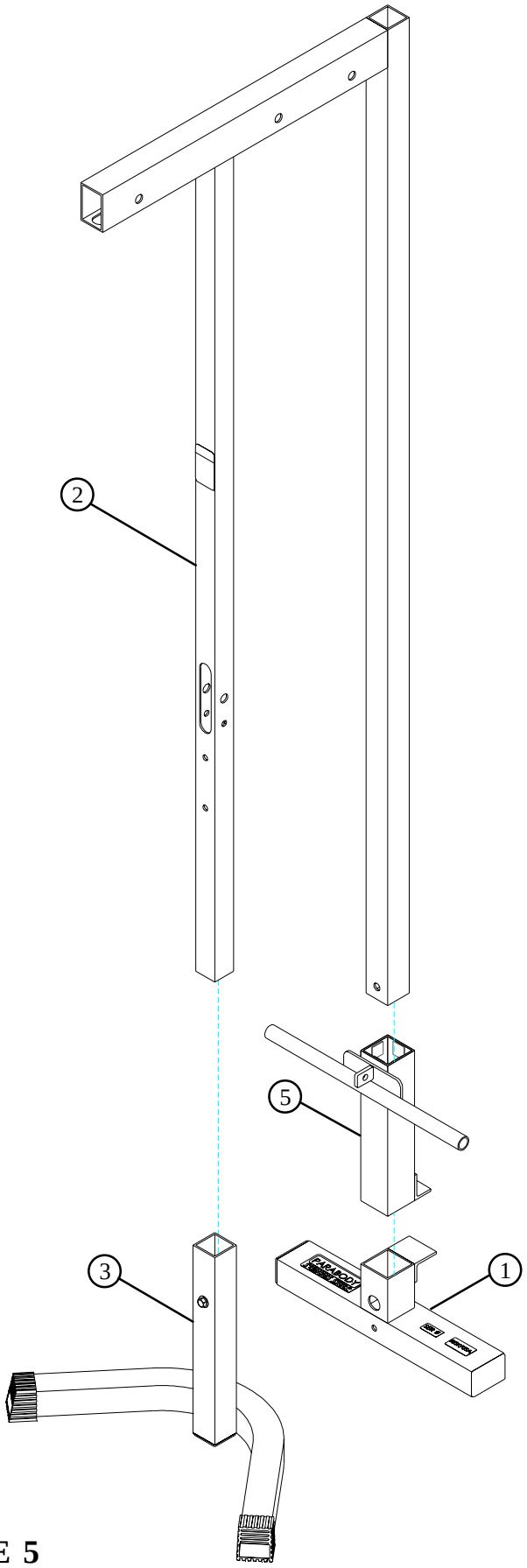


FIGURE 5

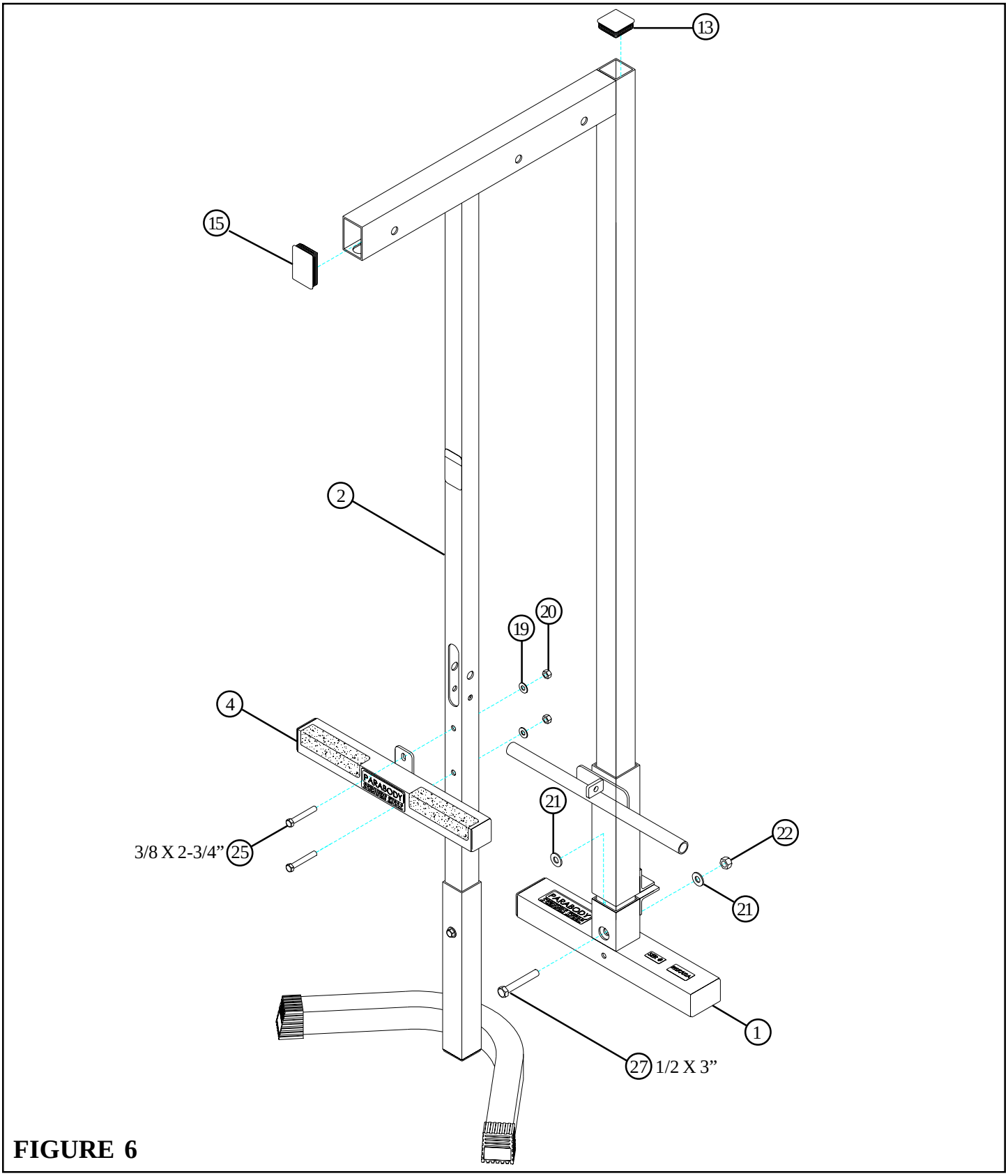


FIGURE 6

STEP 6:

- **SECURELY** assemble the BASE (1) to the UPRIGHT (2) using one 1/2 X 3" BOLT (27), two 1/2" WASHERS (21) **(slide front washer INSIDE of tube)**, and one 1/2" LOCK NUT (22). See FIGURE 6.
- Insert one 3 X 2" END CAP (15) and one 2" SQ. END CAP (13) into the ends of the UPRIGHT (2) as shown in FIGURE 6.
- **SECURELY** assemble the CROSS BRACE (4) to the UPRIGHT (2) using two 3/8 X 2-3/4" BOLTS (25), two 3/8" WASHERS (19), and two 3/8" LOCK NUTS (20). See FIGURE 6.

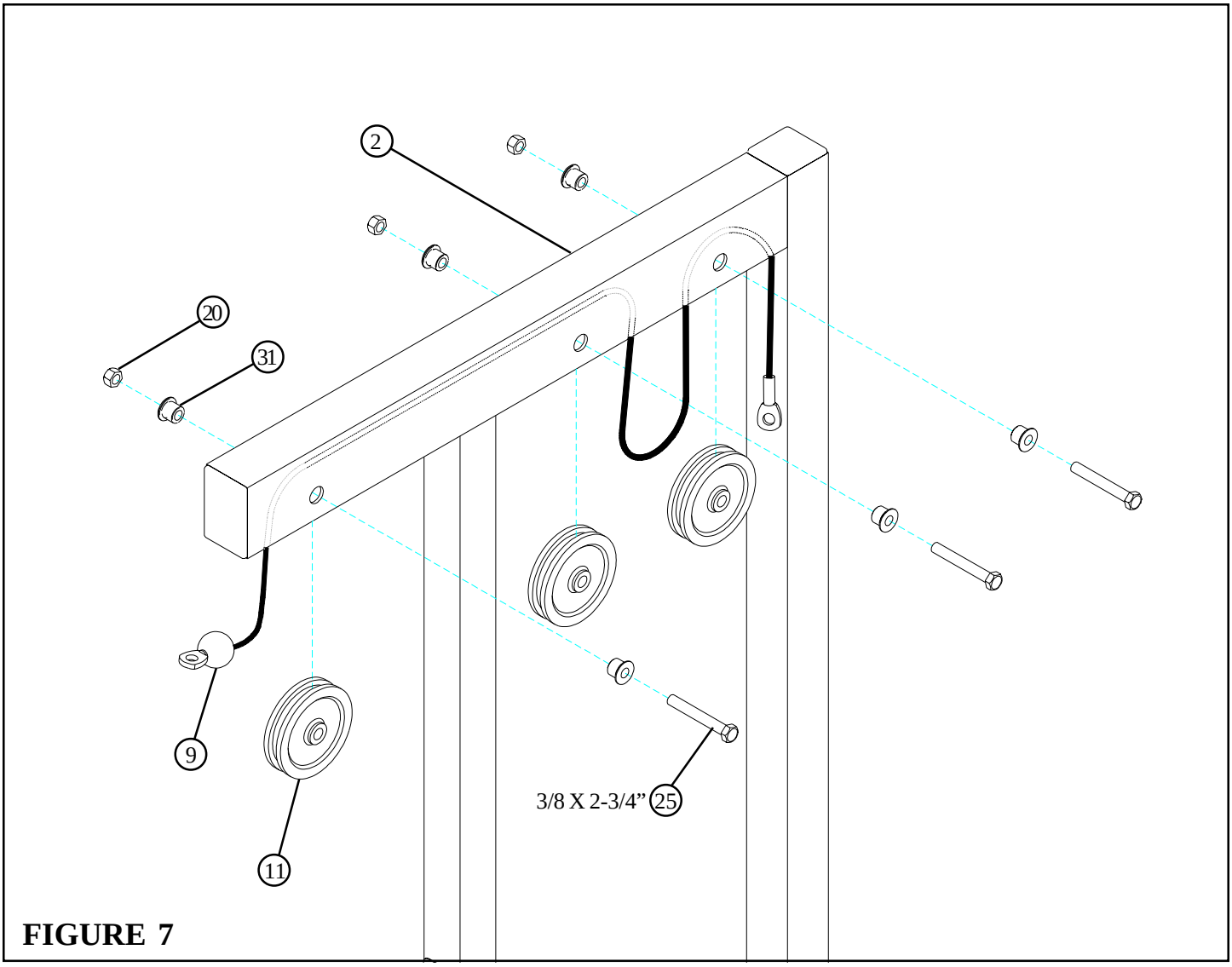


FIGURE 7

STEP 7:

- Route the CABLE (9) through the UPRIGHT (2) as shown in FIGURE 7.
- **SECURELY** assemble three 3-1/2" PULLEYS (11) into the slots of the UPRIGHT (2) using three 3/8 X 2-3/4" BOLTS (25), six 3/8" FLANGE SPACERS (31), and three 3/8" LOCK NUTS (20) as shown in FIGURE 7. **(NOTE: Make sure the cable is routed over all the pulleys.)**

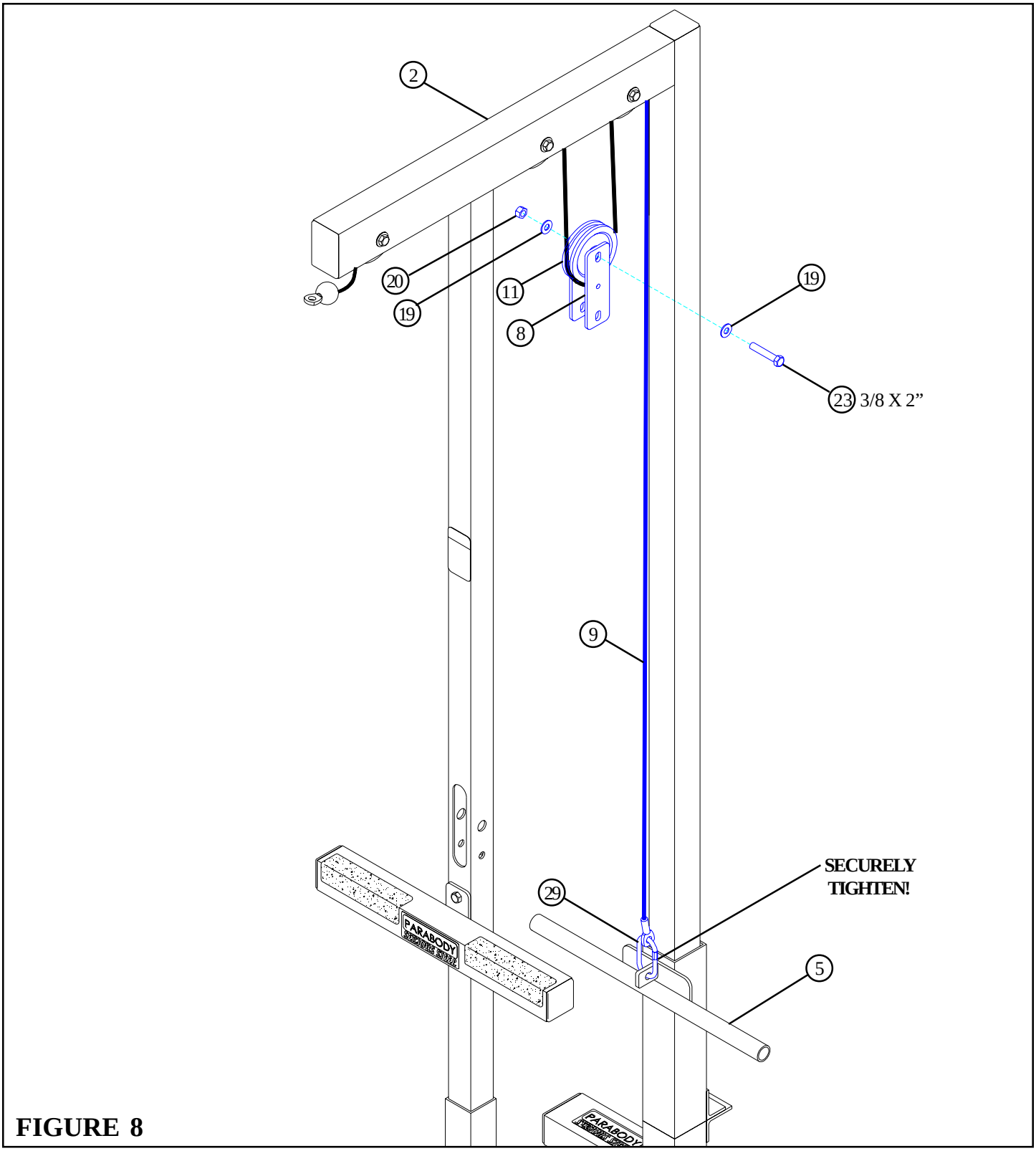


FIGURE 8

STEP 8:

- Attach the CABLE (9) from the UPRIGHT (2) to the CARRIAGE (5) using one 1/4” QUICK LINK (29) as shown in FIGURE 8. **(IMPORTANT! Securely tighten QUICK LINK.)**
- Place one 3-1/2” PULLEY (11) into the loop of the CABLE (9) below the second and third PULLEY of the UPRIGHT (2) as shown in FIGURE 8.
- **LOOSELY** assemble two 3/16 X 1-3/4 X 5-1/4” PLATES (8) to each side of the 3-1/2” PULLEY (11) using one 3/8 X 2” BOLT (23), two 3/8” WASHERS (19), and one 3/8” LOCK NUT (20). See FIGURE 8.

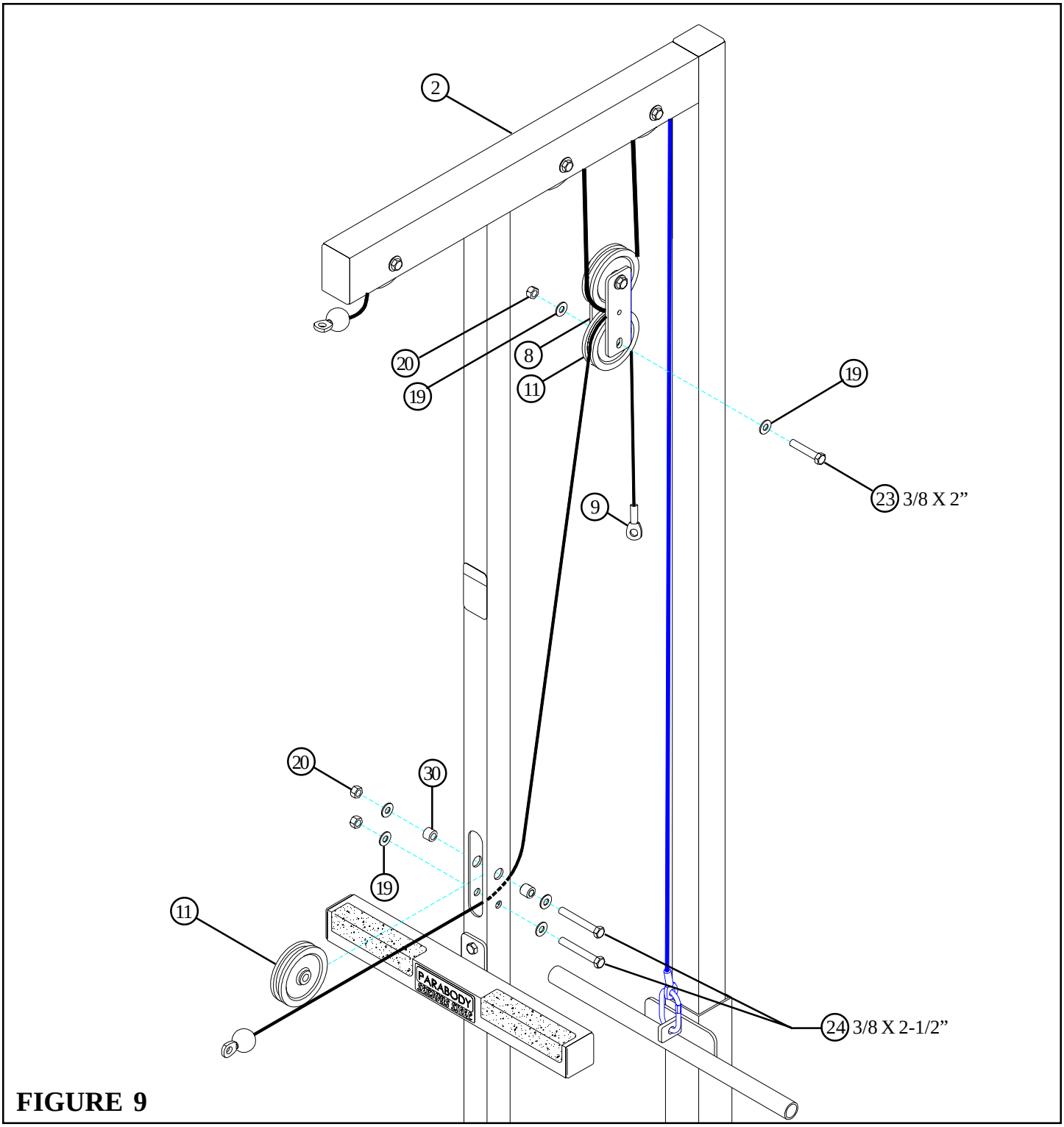
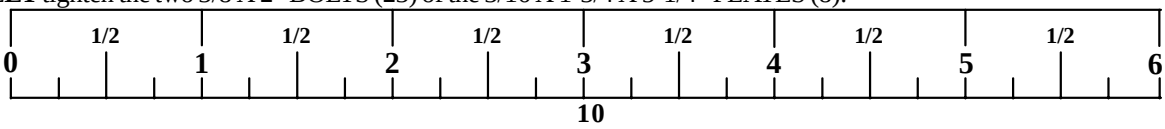


FIGURE 9

STEP 9:

- Route the end of the second CABLE (9) through the slot on the UPRIGHT (2) then **SECURELY** assemble one 3-1/2” PULLEY (11) to the UPRIGHT (2) using two 3/8 X 2-1/2” BOLTS (24), two 3/8 X 3/8” SPACERS (30), four 3/8” WASHERS (19), and two 3/8” LOCK NUTS (20). **(NOTE: The CABLE (9) should be routed between the pulley and the retaining bolt as shown in FIGURE 9.)**
- Loop the CABLE (9) around one 3-1/2” PULLEY (11) as shown in FIGURE 9.
- **LOOSELY** assemble the 3-1/2” PULLEY (11) to the 3/16 X 1-3/4 X 5-1/4” PLATES (8) using one 3/8 X 2” BOLT (23), two 3/8” WASHERS (19), and one 3/8” LOCK NUT (20). See FIGURE 9.
- **SECURELY** tighten the two 3/8 X 2” BOLTS (23) of the 3/16 X 1-3/4 X 5-1/4” PLATES (8).



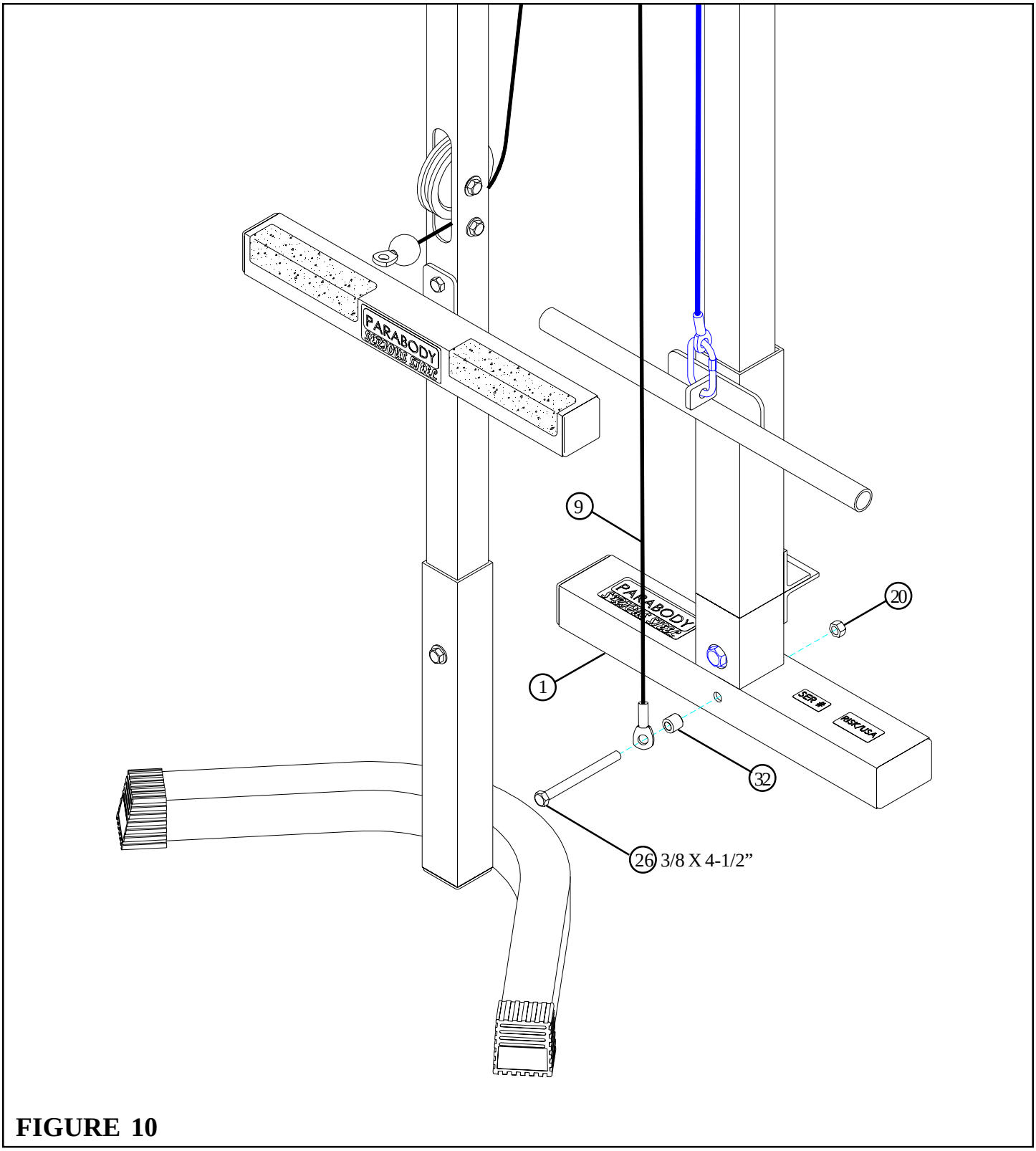


FIGURE 10

STEP 10:

- **SECURELY** assemble the CABLE (9) to the BASE (1) using one 3/8 X 4-1/2” BOLT (26), one 3/8 X 1” SPACER (32), and one 3/8” LOCK NUT (20) as shown in FIGURE 10.

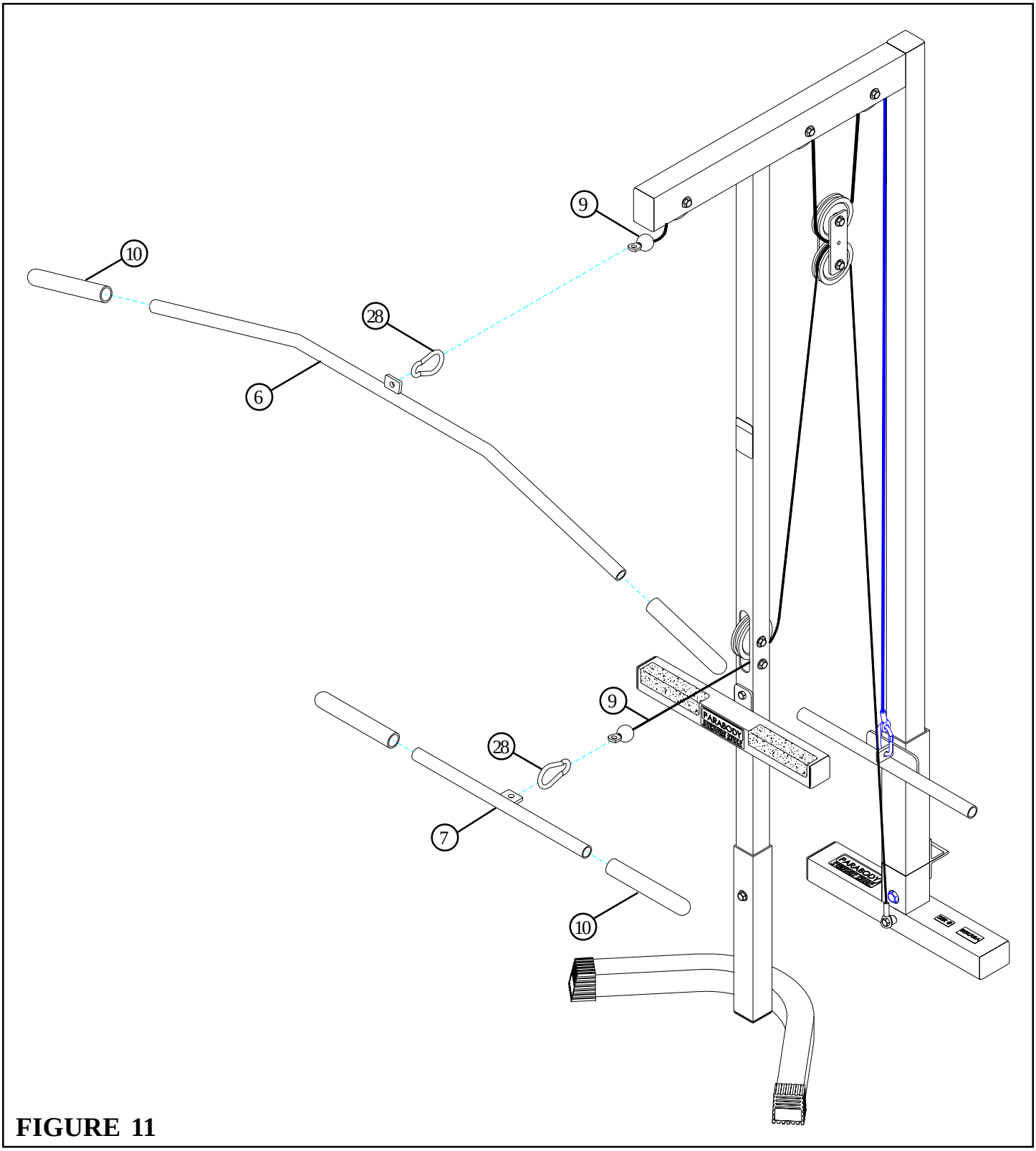
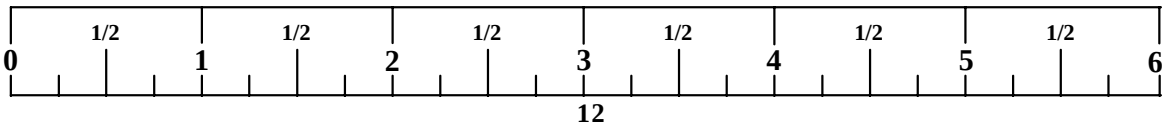


FIGURE 11

STEP 11:

- Slide two 1 X 8" GRIPS (10) on the LOW ROW BAR (7) and two 1 X 8" GRIPS (10) on the LAT BAR (6) as shown in FIGURE 11.
- Attach the LAT BAR (6) to the ball end of the upper CABLE (9) using one 5/16" SNAP HOOK (28) as shown in FIGURE 11.
- Attach the LOW ROW BAR (7) to the ball end of the lower CABLE (9) using one 5/16" SNAP HOOK (28) as shown in FIGURE 11.



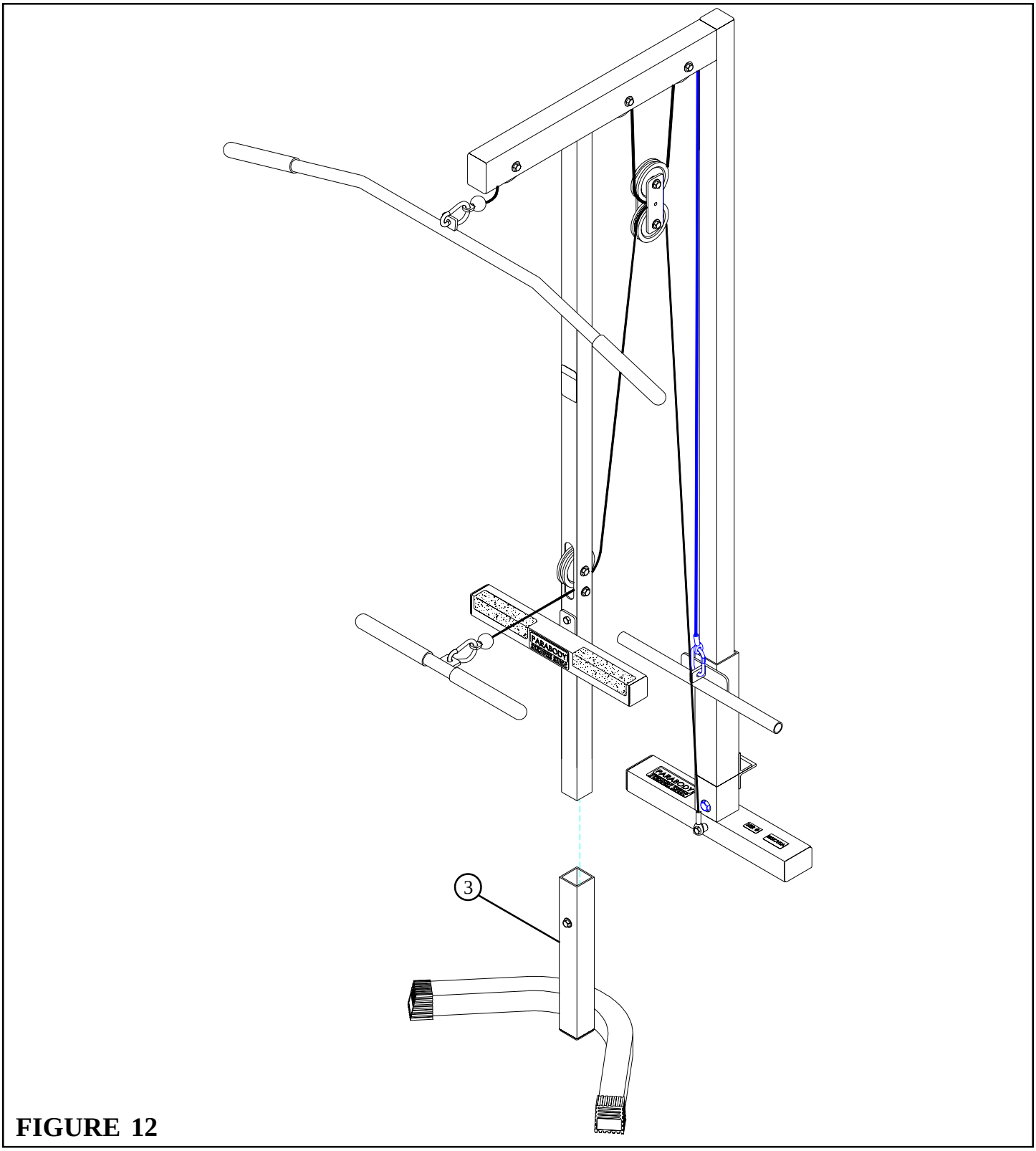


FIGURE 12

STEP 12:

- **To use the 848101 LAT OPTION: (NOTE: LAT OPTION MUST BE USED WITH A BENCH. LAT OPTION CANNOT BE USED WHILE STAND IS ATTACHED. STAND MUST BE ATTACHED WITH THE FEET OUT AS SHOWN.)**

- Tilt the 848101 back and remove the STAND (3) as shown in FIGURE 12.

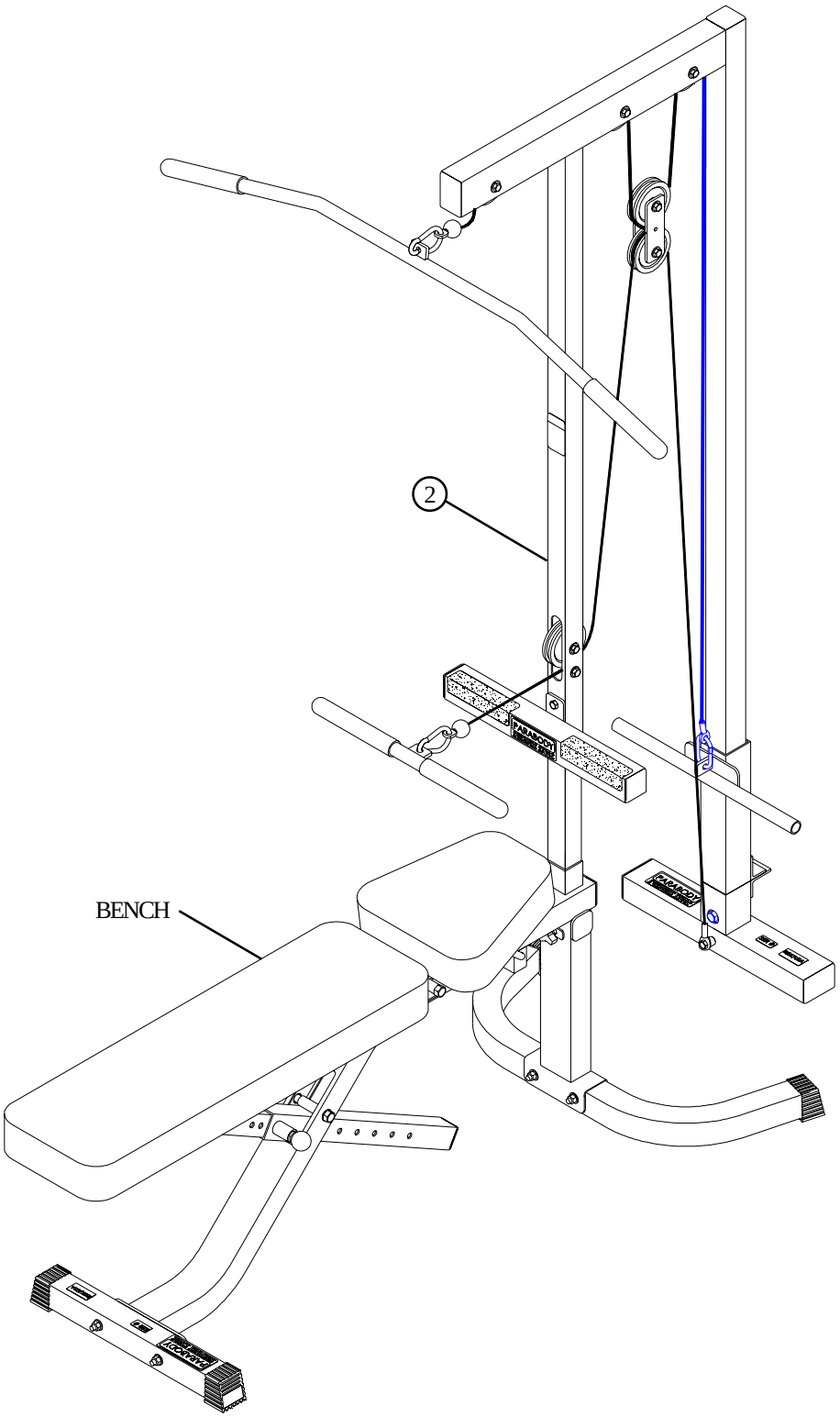


FIGURE 13

STEP 13:

- Insert the UPRIGHT (2) of the 848101 into the bench as shown in FIGURE 13.

Thank you for purchasing the Parabody 848101 LAT OPTION. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.